

RECIPE

Tangerine-Raspberry Protein Smoothie

1 serving

BRIGHT, CREAMY, AND PACKED WITH PROTEIN, this tangerine-raspberry smoothie is the perfect refreshing pick-me-up. The sweet citrus and tart berries blend into a light, fruity drink that feels indulgent while still delivering plenty of nourishment.

INGREDIENTS

- ¾ cup almond milk
- 1 peeled tangerine
- ½ cup raspberries,
- ½ scoop whey protein



INSTRUCTIONS

- PUREE** almond milk, peeled tangerine, raspberries, scoop whey protein powder until smooth.
- POUR** into a glass and enjoy.

NUTRITIONAL INFO PER SERVING

CALORIES

150

PROTEIN

11g

FIBER

6g